

Every Step Counts

Hospitals around the world and throughout the United States are encouraging and supporting mothers to breastfeed. The "Ten Steps to Successful Breastfeeding" written by UNICEF have also been adopted by the Perinatal Advisory Board, Bureau of Medicine and Surgery and serve as a reminder of the Navy Surgeon General's support for Family Centered Care and lactation:

- Ø Have a written breastfeeding policy that is communicated to all health care staff.
- Ø Train all health care staff in skills necessary to implement this policy.
- Ø Inform all pregnant women about the benefits and management of breastfeeding.
- Ø Help mothers initiate breastfeeding within one hour of birth.
- Ø Show families how to breastfeed and how to maintain lactation even if mother should be separated from their infant(s).
- Ø Give nursing newborn infants breastmilk exclusively, unless medically indicated.
- Ø Practice rooming in to allow mothers and infants to remain together 24 hours a day.
- Ø Encourage breastfeeding on cue.
- Ø Do not offer artificial nipples or pacifiers to breastfeeding infants.
- Ø Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

If you have questions about breastfeeding or the Lactation Support Program at the National Naval Medical Center, please call our Lactation Consultant.